WHAT IS OBSTRUCTIVE SLEEP APNEA?

- Obstructive sleep apnea is associated with repetitive disruptions in sleep—such as snoring and pauses in breathing—resulting in excessive daytime sleepiness.
- People with OSA stop breathing repeatedly during their sleep, sometimes hundreds of times during the night and often for a minute or longer. This causes a build-up of carbon dioxide in the blood. The heart begins to pump harder to try to remove the CO2. This adds a great deal of stress on the heart when it occurs repeatedly.
- Sleep disordered breathing is most common in middle aged and elderly people. It is characterized by numerous brief interruptions that occur when there is relaxation of the upper airway muscles decreasing airflow, lowering the level of oxygen in the blood and causing the person to be frequently aroused from deep sleep as they struggle to breathe.
- In the beginning when sleep apnea occurs, the side effects may only be that the person feels tired and drowsy during the day. Most people with sleep apnea are unaware that they have a problem because it usually occurs at night when they are asleep.
- Sleep apnea in a serious condition that can have devastating effects on the body if it goes untreated. The effects of OSA vary depending on the severity of the condition.
- Untreated OSA results in a 20% reduction in life expectancy.

HOW DOES SNORING EFFECT SLEEP APNEA?

- 40% of adults over 40 years old in the United States snore, but snoring is not normal.
- 60-80% of snorers test positive for OSA.
- Snoring can occur in 40% of women and 60% of men and increases in prevalence as we age and gain weight. It is more common than OSA, which is estimated to occur in 25% of men, and 9% of women.
- More than 90% of patients with OSA are yet to be diagnosed or treated.
- Loud snorers are at risk:
  - 40% greater risk of suffering from high BP
  - 34% greater risk of having a heart attack
  - 67% greater risk of having a stroke
- An obese person is 7.1 times more likely to have a heart attack than a healthy person, and a person with high blood pressure is 7-8 times more likely to have a heart attack than a healthy person. A smoker is 11.1 times more likely to have a heart attack than a healthy person. A person with OSA is 22.3 times more likely to have a heart attack than a healthy person.
HEALTH PROBLEMS
Related to Untreated Sleep Apnea

HIGH BLOOD PRESSURE (HYPERTENSION)
Numerous studies have shown that OSA is a cause of or a contributing factor in the development of high blood pressure. If a person has difficult-to-control hypertension, they should be tested for OSA. When you wake up at night, your body gets stressed. That makes your hormone systems go into overdrive, which boosts your blood pressure levels. Treatment with CPAP can make the difference. Some people with hypertension who get help for sleep apnea will see their blood pressure improve, and their medicines can be cut back or lowered.

HEART DISEASE
The heart is the first organ of the body that experiences the results of untreated sleep apnea. Untreated OSA is a risk factor for heart disease, which is a leading cause of death in the United States. Studies have shown that OSA increases the risk for irregular heartbeat, coronary heart disease, congestive heart failure and heart attacks.

TYPE 2 DIABETES
Type 2 diabetes, a leading cause of death in the U.S., occurs when the body fails to use insulin efficiently. OSA is associated with impaired glucose intolerance and insulin resistance, and research suggests it can contribute to the onset of diabetes. Treating OSA may result in a decrease in insulin resistance and improvement in the control of diabetes.

STROKE
OSA increases the risk for stroke, which is the third leading cause of death in the U.S. A stroke is a “brain attack” that occurs when the blood flow to the brain is interrupted. It can result from either a blood clot that blocks the artery or from a broken blood vessel. Strokes can result in impairment of speech and swallowing, weakness of your extremities or even permanent paralysis.

OBESITY
While obesity is a key risk factor for OSA, there is increasing evidence that OSA also may promote weight gain. OSA can fragment sleep, reducing daytime energy and physical activity, and disrupt metabolism. OSA may alter the levels of hormones that regulate your appetite, which may lead you to eat more. Your metabolism is slow; your appetite is increased; and you do not have the energy to exercise because your sleep is disrupted by OSA. Treating OSA will improve your energy levels and put you in a better frame of mind to diet and exercise.

BRAIN DAMAGE
Evidence of brain damage occurs in people with OSA. This damage affects brain structures that help control functions such as memory, mood and blood pressure. Treatment results in improvement of these symptoms.

CAR ACCIDENTS
When you feel groggy, you are at risk of falling asleep at the wheel. People with OSA are five times more likely to have traffic accidents than those without OSA. Reflex time for patients who suffer from untreated OSA is slower than normal. The reflexes and hand-to-eye coordination depend greatly on being rested enough to be able to focus and react properly.

DEPRESSION
Depression is common with people with OSA. This risk increases with the severity of OSA. Treatments can improve mood and depression and allow a reduction or discontinuance of anti-depressive meds. Being overly tired can lead to increased levels of frustration, sadness and increased emotional stress, which may lead to depression and/or the inability to cope with everyday stresses.

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With treatment of OSA with CPAP, your body can do its job of working well and doing what it is designed to do: keep you healthy. PLEASE GET CHECKED FOR SLEEP APNEA.

INFORMATION ABOUT OUR UPCOMING MEETING

June 6, 2017
6-8 p.m.
York Street Medical Center
400 York Street
Hanover, PA

SPEAKER: Elaine Sheely, RRT, RPSGT
TOPIC: The Effects of Untreated Sleep Apnea

Elaine Sheely, a registered sleep technologist at Hanover Hospital, has worked in the sleep lab since its founding. She is also the coordinator for A.W.A.K.E. and as such is focused on changing the world for patients with sleep challenges.

Put the next ASAA-A.W.A.K.E. Support Group meeting on your calendar: August 1, 2017, 6-8 p.m.
For more information, contact us at (717) 316-2229 or visit www.HanoverHospital.org.